

Chili and Spice Seasoning

Rating: ★★ ★

Makes: 5 servings

Ingredients

4 tablespoons paprika
2 tablespoons oregano (dried, crushed)
2 teaspoons chili powder
1 teaspoon garlic powder
1 teaspoon pepper (black)
1/2 teaspoon cayenne pepper (red)
1/2 teaspoon dry mustard

Directions

1. Mix together all ingredients. Store in airtight container.

US Department of Health and Human Services, A Healthier You

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	16	
Total Fat	1 g	2%
Protein	1 g	
Carbohydrates	3 g	1%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	30 mg	1%

MyPlate Food Groups